



Better Health Begins With You!

Fayinni gaarin si irra jalqaba

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Guyyuma Guyya ti Daabboo waan dha'dha hedddu hin qabne; Akayi, Ruzza yokkin Pasta dhiheessaa 6-11 nyaadhu. Fakkeenyaaf, ganama matajaboo, guyya sandwich galgala immoo Ruzza duwwa nyaadhu.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Ija Mukkatifi Balla Margarsuu (Vegetable) dhiheessaa 5 nyaadhu. Fakkenyaafi, cuuffa Burtukaana dhugi. Balla Margarsuu (Salaaxa) nyaachu, galgalla immoo dineecha affelama fi Ija Wayinii nyaadhu.

3. Drink at least 8 glasses of pure, fresh water every day.

Guyya ti yoo xinnaate Bishaan Burcuqqo (Dubbuulee) 8 dhuuggi.

4. Eat lean, low-fat meats, such as chicken or fish.

Foon diimaa kaan bayy'ee cooma hin qabne issa akka Handaaqoo yookin Quxummi nyaadhu.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Waan s'aa kaan dha'dha yarrtu kaabu kaan akka Aanan raafamaa fi Itittu filadhu.

6. Limit your intake of sweets and alcoholic beverages.

Nyaata waan mi'aawaa fi dhugaatttii kan nama macheessu hin baayy'isiin.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Guuyya hunda choch'a godhi. Dirree kessa deemee, yookin Sirbba bu'i, tabadhu.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Gaate kolestrol (cholesterol) hin qabne fi, Zayta waan Sa'a fi kan cooma horri erra hojjetmu manna zayta Baala Margarsuu (Vegetable) fillidhu.

Oromo Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.

